

WIC

The WIC program continues to be successful in improving the nutritional status of over 7 million low-income women, infants, and children. The Healthy Children Through Better Nutrition Act of 2003 enables WIC to be more flexible in meeting the needs of women and children at risk, while promoting a highly nutritious food package.

This legislation: Emphasizes greater consumption of fruits and vegetables in the WIC program; Allows infants and children to be certified for the WIC program for up to 1 year and allows offices to waive the "physical presence" requirement for infants and children under specific circumstances; and requires a decennial review of the WIC food package.

Mr. Speaker, as the Committee moves forward with the reauthorization of child and school nutrition programs, I encourage my colleagues to review the set of proposals in the Healthy Children Through Better Nutrition Act of 2003. This legislation which has been endorsed by the American School Food Service Association, the Food Research Action Center, America's 2nd Harvest and California Food Policy Advocates, offers a comprehensive means for improving access to child nutrition programs and addressing the troubling rise in childhood obesity rates. The Healthy Children Through Better Nutrition Act of 2003 reflects a commitment to the future by investing in our children's nutrition and overall health. They deserve no less.

RIPKEN POST OFFICE BUILDING

HON. C.A. DUTCH RUPPERSBERGER

OF MARYLAND

IN THE HOUSE OF REPRESENTATIVES

Thursday, October 30, 2003

Mr. RUPPERSBERGER. Mr. Speaker, today I am introducing legislation to designate the postal facility in Aberdeen, Maryland as the Ripken Post Office Building in honor of the Ripken family and their contributions to this great city in the Maryland 2nd Congressional District.

It is difficult to think of baseball and not think of the Ripken name. The accomplishments of Cal Ripken, Jr. are literally the stuff legends are made of. He appears throughout the record books after 21 seasons with the Baltimore Orioles—as one of only seven players in baseball history to have 400 home runs and 3,000 hits. Of course, few in my home state of Maryland or this nation will ever forget his Iron Man record or the number 2131—signifying when Cal Ripken, Jr. broke Lou Gehrig's record for consecutive games played. Cal ended his own streak in 1998 after playing 2,632 games consecutively.

Bill Ripken had a 12 year major league baseball career as a second baseman with incredible successes including a .927 fielding percentage in 1992—the best of any major league second baseman that season. In the spring of 2002, Bill Ripken was honored for his career accomplishments with an induction into the Maryland Sports Hall of Fame.

Those achievements alone are certainly deserving of admiration and acclamation, but there is so much more to the Ripken family philosophy and that is why this designation is for the Ripken family as a whole. Starting with Cal Ripken, Sr. and his wife Vi, the work ethic

both Cal Jr. and his brother Bill exhibited throughout their professional careers can be attributed to this Ripken philosophy of hard work, dedication, sincerity of effort, and commitment.

Even more, the Ripken Way embodies the memory of Cal Ripken, Sr. and his pure belief in the joy and craft of baseball. For 37 years, Cal Ripken, Sr. played, coached and managed in the Baltimore Orioles organization. He was responsible for developing a method of teaching that shaped the Orioles' minor league system and became known as "The Ripken Way." That way has become the centerpiece of the Cal Ripken Sr. Foundation and its state-of-the-art baseball academy.

This is a family with a history of giving back to the community—both the communities of Baltimore and Aberdeen. Through the Baltimore Reads/Ripken Learning Center to the creation of the Cal Ripken Baseball and the Cal Ripken, Sr. Foundation, the Ripkens continue to give of themselves in very tangible ways. The Aberdeen Complex has brought minor league baseball, jobs and prestige to the Aberdeen community. Both Cal and Bill Ripken are actively involved in youth camps, coaches clinics, tournaments and, of course, The Cal Ripken World Series.

In a world when sport and commercialism is so often intertwined, the Ripken family—the individuals and the family as a whole—serve as incredible role models for what baseball means to this nation and what it was meant to be. These are real sports heroes and truly admirable people. Mr. Speaker I am honored to introduce this legislation on behalf of this incredible family from my home state and I urge my colleagues to vote for this bill.

COMMEMORATION FOR WALTER EDWARD WASHINGTON

HON. ELEANOR HOLMES NORTON

OF THE DISTRICT OF COLUMBIA

IN THE HOUSE OF REPRESENTATIVES

Thursday, October 30, 2003

Ms. NORTON. Mr. Speaker, I arise today to inform the House of the passing of the first Mayor of the District of Columbia in the 20th century. Some members will remember Walter Washington's service or will know him by reputation because no mayor here or, I dare say, elsewhere has enjoyed more respect from this body. Mayor Washington enjoyed the same bipartisan admiration from the two presidents during his tenure, Lyndon Johnson, who appointed Mr. Washington the District's first mayor in 1968 and Richard Nixon who signed the Home Rule Act in 1973 giving the District its current home rule status, complete with an elected mayor and city council.

The conventional wisdom is that home rule for the District depended upon Mayor Washington's performance as appointed mayor. Few would disagree. If home rule was past due then, more than 150 years after the city's founding, surely full self-government, democracy and congressional voting representation are shamefully tardy in coming to the city's approximately 600,000 residents today. Mayor Washington, who did more than any person to bring self-government to the District, deserved to see its full realization before his death. Home rule happened because people made it happen, with Walter Washington as the lead-

er. Freedom and democracy for an entire city is a lot to have on one man's shoulders, but Walter Washington carried the burden easily. His gifts were spectacularly broad—deep integrity and ability that won him enormous professional respect as well as personal and political skills that evoked affection from the people. That combination amounts to the sum total of what it takes to lead. Few leaders have it all. Walter Washington did.

Mr. Speaker, I ask that in addition to my own statement at the time of Mayor Washington's death, I be allowed to place in the RECORD a Washington Post editorial and a personal tribute from Post editorial writer, Colbert King, who was a close friend of Walter Washington and who served on the Senate staff when Mr. Washington was mayor.

I ask the entire House to join me in paying tribute to a man of historic stature in the District of Columbia and in offering the profound respect and condolences of the House of Representatives to Mayor Washington's wife Mary and his family.

NORTON SAYS PASSING OF WALTER WASHINGTON MARKS END OF HOME RULE ERA

Congresswoman Eleanor Holmes Norton (D-DC) today released the following statement on the passing of Mayor Walter E. Washington.

"The era of home rule ended today with the passing of Walter Washington. Mayor Washington simultaneously shaped the office of mayor and the practice of home rule governance for a city that had lived without democracy for a hundred years. The District has a strong mayor form of government in no small part because his service as appointed mayor demonstrated that a mayor could lead this city as mayors of other big cities did. His service is significant for far more than the office he held, however; President Lyndon Johnson appointed Walter Washington our first mayor because he wanted a man of great character and ability to pave the way for an elected mayor. The people of the District returned the compliment by electing Walter Washington our first elected mayor. Residents realized he had the "right stuff" to be mayor—not only outstanding ability and integrity but also the indispensable political skills and common touch that make people want to follow the lead of an elected official. That combination of gifts proved mighty useful during the 1968 riots. The mayor was legendary for his way with the President and the Congress, but Walter Washington was appreciated in this town not only because he could talk to power but because he talked equally well to the powerless.

"People who missed his years as mayor often got some sense of his political gifts on the public occasions when his extraordinary wit was in full form as it remained throughout Walter's life.

"With the passing of Mayor Washington, the home rule era he shaped also passes. Perhaps, almost 30 years after Walter Washington was first elected, Congress will now understand that a new era of full democracy, independence and voting rights is overdue.

"Mrs. Mary Cornelia Washington, Walter's daughter, Bennetta Jules-Rosette and his family have my condolences and the sympathy of the city who loved him."

[From the Washington Post, Oct. 28, 2003]

WALTER E. WASHINGTON

"What I would like to be remembered for is that Walter Washington changed the spirit of the people of this city, that he came in as mayor when there was hate and greed and misunderstanding among our people and the